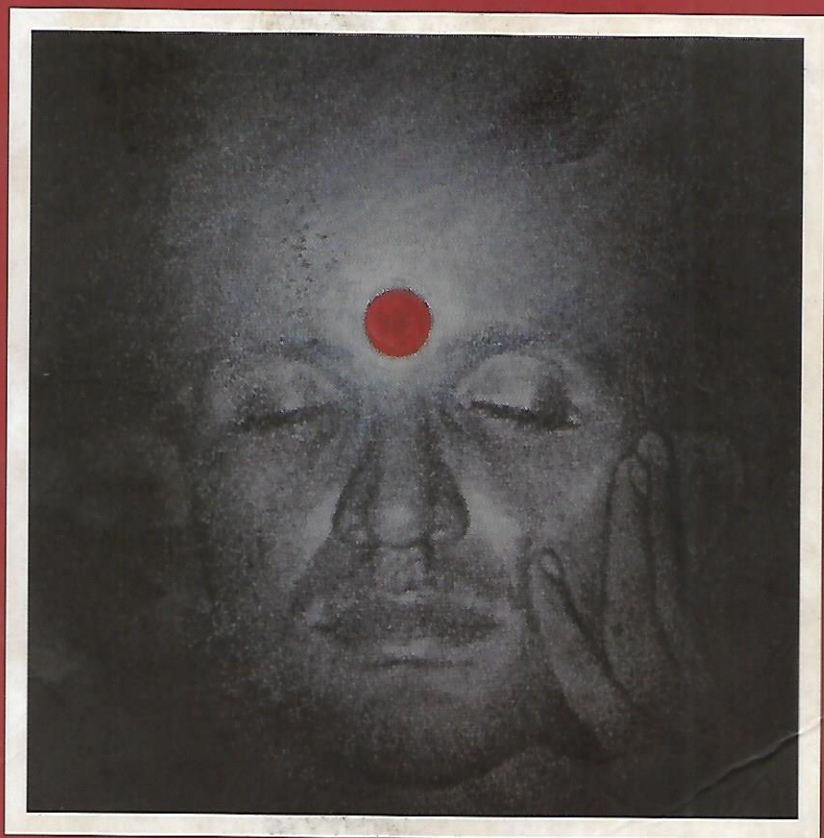


Yoga Darshan

Vision of the Yoga Upanishads

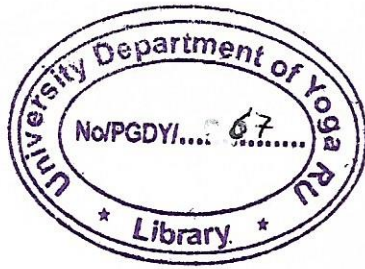
Swami Niranjanananda Saraswati



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Yoga Darshan

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With kind regards, ॐ and prem

Sarani Niranjan

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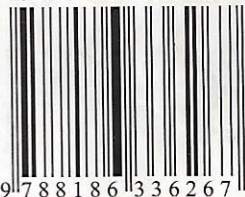
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BIHAR YOGA

Yoga Darshan gives a contemporary yogic vision of the Upanishads as expounded by Swami Niranjanananda Saraswati. Taking a holistic and practical view of spiritual life, this text provides a picture of yoga that is both panoramic and precise. In the theoretical section the different traditions and philosophies of yoga are clearly identified and explained along with clear expositions on hatha, raja, mantra, karma, jnana, laya and esoteric yogas. The practical section highlights classical practices from the Yoga Upanishads and the yogic perspective on physiology and health.

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